



MINE OF INFORMATION

@NatMiningMuseum



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WELCOME

Dig deep and have fun learning about your mining past in this educational resource.

National Mining Museum
Scotland

#MuseumsFromHome

#HeritageatHome

#HomeLearning #GoIndustrial

Contents: Topic 3 – Coalmine Detectives



Introduction

National Mining Museum Scotland is a Registered Scottish Charity. Our mission is to preserve and promote Scotland’s mining history and heritage for current and future generations. This resource has been created for educational purposes only in order to support families and learners during these unprecedented times.

In this resource pack we have included:

- Section 1: Coalmining in Scotland – Facts!
- Section 2: Become A Coalmine Detective
- Section 3: Related, fun and hands-on **activities** you can do at home
- Section 4: Wellbeing Check-In
- Section 5: Awards you can achieve at home!

Our activities include a mix of **STEM**, **Social Studies**, **Arts & Crafts** and **Outdoor Learning** topics. Our intention is for the whole family to be able to take part in at least one activity per section – no matter your age!

As a charity we are reliant on admission, shop and café sales so while the Museum is closed due to Covid-19 restrictions, please consider supporting us by donating the cost of entry here: <https://buff.ly/2WIIJR5>

Subjects Include:

Topic 1: Rocks, Fossils and Energy

Topic 2: Victorian Miners

Topic 3: Coalmine Detectives

Wellbeing Check-In

This is an uncertain time for us all and it’s ok to not always feel ok. Before starting this resource, and at the end, why not complete a Wellbeing sheet to see how you are feeling. If you don’t feel great, we have loads of suggested activities you can do in Section 3.

Awards

You are doing such great work, so why not apply for an Award?! Please see Section 4 for how to apply to us for your own “Mine of Information” certificate or how to apply to Archaeology Scotland for your Heritage Hero Award.



Section 1: Coalmining in Scotland

Fact Sheets



Photo: From our Family Fun Day 2019, greenscreen featuring ex-miner Jim in our Underground Experience.

Section 1: Coalmining in Scotland – Facts!

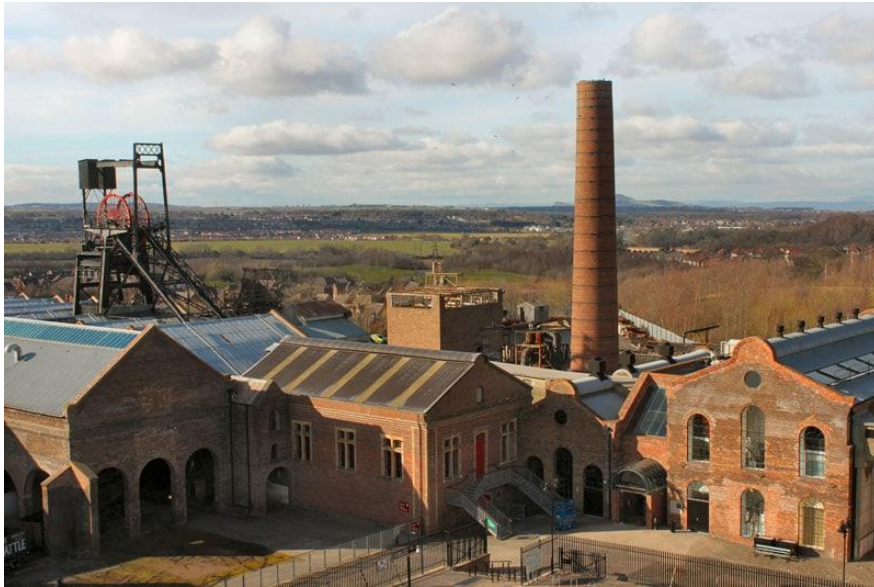


Photo: Shows the National Mining Museum Scotland, Newtongrange, Midlothian.

Let's start with our first question!

What were coalmines called in Scotland?

Answer:

The answer is in the name of the coalmine the National Mining Museum Scotland is based at - The Lady Victoria **Colliery**!

While normally called coalmines or collieries they are often referred to as “pits” as well. The Lady Victoria Colliery was built in 1895 and was Scotland’s first super-pit. The shaft was around 500m deep and for a long time it was the deepest colliery in Scotland. The Colliery was sunk (built) by the Lothian Coal Company, founded in 1890, and was named not after Queen Victoria, as many people guess, but after the Marquis of Lothian’s wife. It was the Marquis of Lothian who also built our neighbouring village, Newtongrange, to house the miners from the colliery.



**Activity Sheet: Mining
in Scotland Word
Search**

The Lady Victoria is home to Europe's largest Winding Engine (*which is still in operation today!*) and is well known for her iconic A-Frame (the structure with the large, red wheel at the top of the Colliery which can be seen on the left hand-side of the first photograph).

Find out what the Winding Engine did, see it in action, and find out just how fast it moved in our film below or by visiting our website: <https://nationalminingmuseum.com/collection/films/>



While the National Mining Museum Scotland is currently closed, we appreciate your support. Be sure to follow us on Facebook, Twitter and Instagram for the latest information about opening times as well as upcoming family events once we re-open.



**Activity Sheet:
Engineering
Structures**

Digital Learning - explore the Lady Victoria Colliery in our *Crafting the Mine* (Minecraft) game. Discover the Colliery buildings and go underground – but watch out for floods and even explosions! You'll see the amazing architecture, learn about engineering and even trade in the coal you dig up for shillings and farthings (Victorian money!!) You can download the game from our website for **FREE** here: <https://nationalminingmuseum.com/crafting-the-mine/>



The Lady Victoria Colliery remained a working coalmine until 1981, when it then closed and became a Museum! Today in Scotland, we do not have any deep coalmines in operation. As we will discuss, nearly the whole of Scotland had mining activity but today there is hardly any evidence of this great industry left! The Lady Victoria Colliery is one of the very few Victorian coalmines still standing, and this is partly due to our mission as a Museum, to preserve and protect Scotland’s mining history and heritage for current and future generations.

Literacy – if you would like to read more about the Lady Victoria Colliery please find a chapter from the book “Scottish Collieries” on our website here:

<https://nationalminingmuseum.com/wp-content/uploads/2014/04/scottishcollieries.pdf>

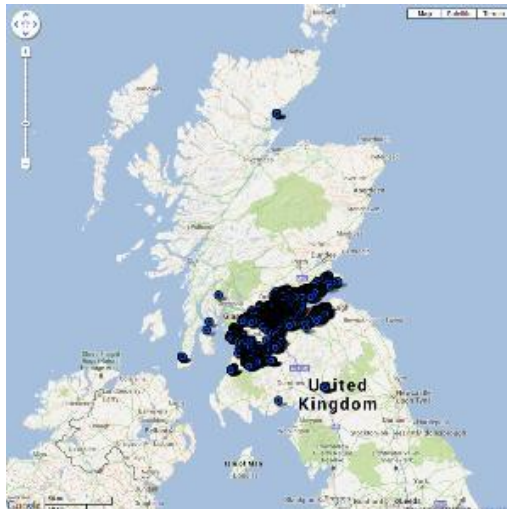


**Activity Sheet:
Draw/Create A
Coalmine**

Now, let’s look at some of the key events which took place across the whole of Scotland.

Coal was formed over millions of years – *please see Topic 1* – and is a non-renewable energy source. It burns very well and without it we would not have had the Industrial Revolution and subsequent discoveries, inventions and technological advances!

Once the Industrial Revolution began and coal was essential for iron production, industry, and trains, we saw coalmining activity appear across most of Scotland. While the richest, and largest coalfields were from across central Scotland from Ayrshire in the south west through Lanarkshire, the Lothians, Clackmannanshire and Fife there were outlying coalfields as far west as Machrihanish in Kintyre, as far south as Canonbie in Dumfries and Galloway and as far north as Brora in Sutherland. *For more about Victorian coalmining please see Topic 2.*



**Explore the map of
collieries on the
Northern Mine
Research Society
Website [here](#).**

As mentioned, early coalmines were owned and operated by private landowners or coal/iron companies. The Lothian Coal Company, the Shotts Iron Company, Fife Coal Company, and the Niddrie and Benhar Coal Company were some of the most important companies in Scotland. In the early 1900s, nearly 150,000 people were employed in the mining industry and they produced over 40 million tons of coal each year – powering Scotland’s economy!

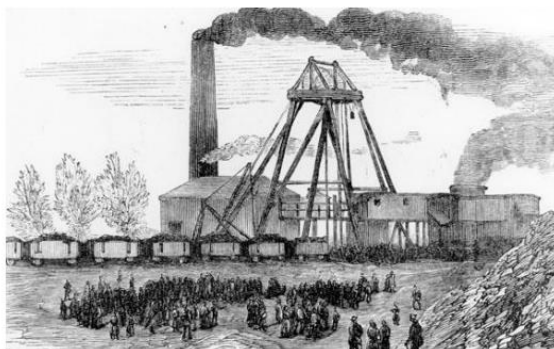


**Activity Sheet:
Cookie Coal Mining**

In the early 20th century, Lanarkshire was the most important mining area in Scotland, due to its wealth of minerals it became known as the “Black Country” in 1948.

Digital Learning – watch this film from c.1930s showing above and below ground at Kingshill Colliery - <https://movingimage.nls.uk/film/3942>

In terms of minerals and production it was followed by Fife, Ayrshire and the Lothians as the most significant mining areas at this time. By 1910, **220 of Scotland’s 449 collieries** were in Lanarkshire. 45,000 men worked underground with a further 9000 male and 1200 female surface workers. The coal industry boomed in these areas due to the sheer amount of coal deposits, wealth of industries requiring coal and improved rail and sea transport options.



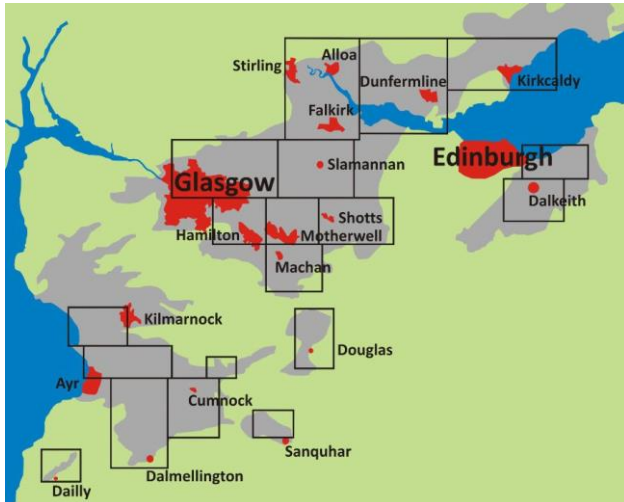
Photos: Drawings from the NMMS Recognised Collection, depicting the scene after the Blantyre Colliery, Lanarkshire, explosion c.1895

Your Local Area – read more about your local area in our “Mine of Information” packs which are divided into local authorities on our [website](#).

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After World War 1 and the Depression, Scotland's coal industry was going into a slow decline. By the end of the Second World War (1945) output had fallen dramatically and the focus of the industry moved from Lanarkshire to Fife, Ayrshire and the Lothians.

However, in 1947, the mining industry underwent a huge change and was taken into state ownership and was run by the National Coal Board (NCB) from this point onwards. At the time of nationalisation, there were 225 collieries in Scotland, now there are none.



Explore the NCB Collieries where you live via the [interactive map here](#).

The number of collieries continued to fall steadily as the most unproductive mines closed. However, a few were selected for reconstruction and there were several new coalmines established by the NCB, such as Bilston Glen in Midlothian or Seafield in Fife. During this period the Fife coalfields rapidly grew to become the most important in Scotland. At its peak in 1957, Fife employed over 24,000 miners. If you want to learn more about Nationalisation read more on our [website here](#).

Even though there were difficulties during this time, the NCB did improve health and safety standards! This meant equipment like kneepads and self-rescuers were introduced and made compulsory. Find out more about the self-rescuer in our film below or on our [website here](#).



Other improvements included safety helmets, boots, safety masks as well as efforts to eliminate rats from the pits! In addition, pithead baths and canteens were also introduced, as well as proper medical facilities.



Activity Sheets:

Become A Miner!

&

**Colour in the
Miners!**

From the 1950s onwards there was a consistent decline in the Scottish mines' workforce. In 1956 the NCB employed 82,700 miners and by 1976 this was down to 23,616. The Miners Strike of 1984-5, and changes to policy, had a significant impact on the industry as well. After the Strike ended, the industry focused more and more on opencast mining. The last six pits to close in Scotland were Killoch (1989), Bilston Glen (1989), Barony (1989), Frances (1995), Monktonhall (1998) and, finally, Longannet (2002).

Today, there is no deep mining in Scotland, and it is up to us to remember this important industry and to share all that we learn.

Digital Learning – historical documentary, “When Coal Was King”, showing archival material about the mining industry from the 1940s-80s (Youtube) [available here](#).



**Activity Sheet:
Object Snap!**

Photo: Longannet Power Station, Fife. Photo from NMMS Recognised Collection.

Section 2: Become A Coalmine Detective!



Photo: The Apprentice Guides from Gore Glen Primary School at the Pithead at NMMS, 2019

Section 2: Become a Coalmine Detective

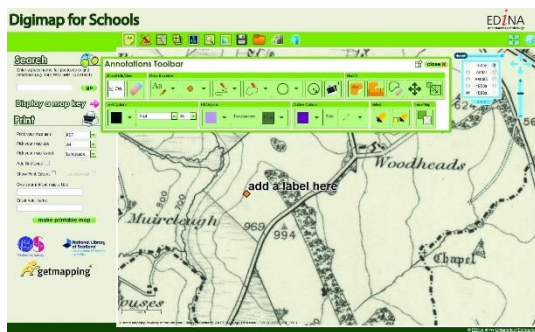
Now you know some of the facts about Scotland's mining past – it's your turn to find out more about where you live! Work your way through the following challenges and at the end you'll be able to **make your own exhibition** about where you live as well as gain your **Heritage Hero Award** and your **Mine of Information Certificate!**

Step 1: Were there any coalmines where you live? Map Regression!

As we know, there were mines across most of Scotland. However, there weren't great records kept of early mining activity so unless you can see evidence of coalmining it is very difficult to know where coalmines were actually located! Luckily for us, there were great maps made which recorded most mining activities.

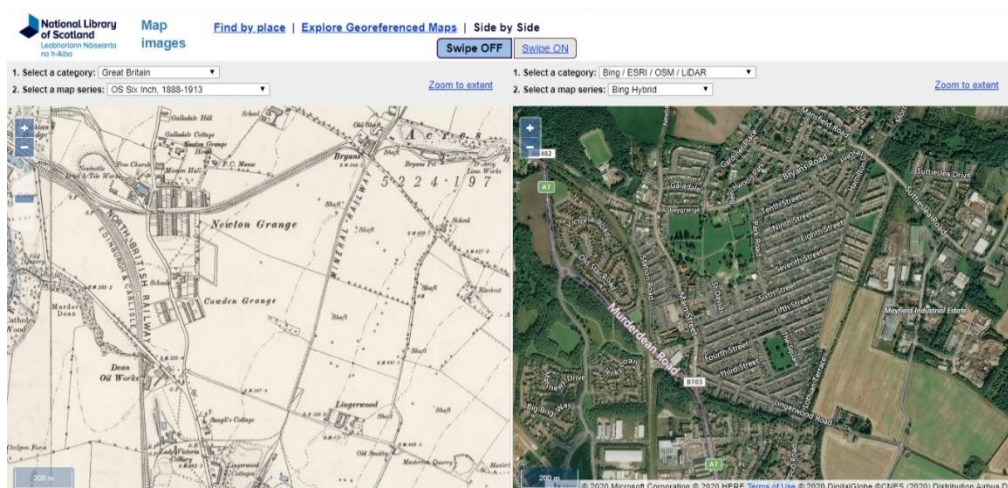
Your task is to look at **historical maps** of where you live to discover where the coalmines were and to see how much your town/village has changed over the years! This process is called Map Regression!

You can do this for FREE using **Digimap for Schools**. (This is a free subscription until 31st July for schools.) More information can be found [here on their website](#).



Learn how to read and analysis maps here:
<https://digital.nls.uk/mapping-history/index.html>

Or, alternatively, **National Library of Scotland** has a FREE [online map portal here](#). This website is simple to use, and we recommend using “side by side” view as this lets you view your town/village as it is today alongside a historical map of it! Here's an example of Newtongrange below:



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Step 2: Research

Now you've found your local area on a map and seen the changes over the years it's time to dig a little deeper to find out more!

Before moving on, remember, you can press "Ctrl" + "Prt Sc" to take a snapshot of your computer screen and copy/paste this into a word document to keep a record of your findings as well as go towards making your own museum!

There are loads of websites and resources online about Scotland's coalmines, but we recommend the following;

- SCRAN – hosts over 490,000 photographs (including many from our collection) and is free for most local authorities in Scotland. Website - <https://www.scran.ac.uk/>
- Scottish Archives for Schools – archives and documents from 12th-21st century - <https://www.scottisharchivesforschools.org/>
- Historic Environment Scotland – learning resources relating to Scotland's historic monuments - https://www.historicenvironment.scot/learn/learning-resources/teaching-resources/#themed-resources_tab
- Archaeology Scotland – explore archaeology - <https://archaeologyscotland.org.uk/heritage-resources-portal/>
- Scottish Mining Website – covers everything to do with mining in Scotland - <http://scottishmining.co.uk/377.html>
- National Mining Museum Scotland – we have a range of photographs, resources and films on our website (or get in touch and we'll try help further!) – www.nationalminingmuseum.com



Activity: Make Your Own Museum

Photo: Glenochil Colliery, Alloa, from NMMS Recognised Collection.

Step 3: Outdoor Learning

Most collieries were demolished after their closure however, some buildings were repurposed, and others remain as ruins with clues for us to find as we become Industrial Archaeologists!

We encourage everyone to follow Scottish Government guidelines, one piece of outdoor exercise a day and maintain social distance. More info [here](#).

There are clues to be found without having to dig underground! Using your new mapping skills, locate the mine buildings or old buildings which you have discovered and walk to them. Make sure to ask a parent or adult to accompany you.

Activities before your walk:

- Plot your walking route on Digimap or Google Maps
- Download the **Landscape Legacies of Coal App** from Google Play Store – this app has been created by the University of Stirling and includes different walks around mining areas with photographs, stories and maps! Find out if they have a walk where you live [here](#).
- Use Google Street view to find buildings/features to look out for on your walk
- Select historical (old) photographs of the mine or buildings before you go
- Take a camera or an item to take photographs on



Photos: Landscape Legacies of Coal App and Mayfield Explorers, Y2K, exploring Roslin Chapel

Activities during your walk:

- *Remember to keep safe and follow social distancing!*
- Take photographs of interesting things you see and walk past – street names, bings/green spaces, ruins, bricks, buildings, walls, etc.
- Are there any memorials? Take a record and research the memorial when you get home
- Play a game of Eye Spy while you are walking!

Activities when you get home:

- Make a folder of all your photographs and label them
- Add them to your Digimap or Google map route
- Compare your photographs - show how it looks now to how it used to be! This photo is an example from Arniston Colliery, Gorebridge, then and now
- Save all your work to add to your Museum!



Section 3: Activity Sheets



Photo: Members of Y2K, youth group based in Mayfield and Easthouses, who took part in the Mayfield Explorers Project. Their exhibition is displayed at NMMS.

Activity Sheet: Wordsearch

Mining in Scotland

D P I T P C P C H I L D R E N B B P
U I D E M Z A C G X T R A I N P B U
S E T U E E C T M I N E R J D K D T
T C H O S X T V V T R A P P E R A T
Y E O A U X P H C S K Q Z F T C V E
Y T H V R Z B L A C K D A M P X Y R
G I E P W D G E O N O C N C B C L X
F N W O X S H R A S E A D P X V A L
N K E N S T E A M R I D L A H N M E
U C R Y Q W K T T Q E O X F R I P Z
E J H F L O O D I N G R N G Y K I S
Y W D Z J C T C A N A R Y L T G G X

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

BEARER
BLACKDAMP
CANARY
CAT
CHILDREN
COAL
DARK
DAVYLAMP

DUSTY
EXPLOSION
FLOODING
HARDHAT
HEWER
METHANE
MINER
NCB

PIECETIN
PIT
PONY
PUTTER
RAT
STEAM
TRAIN
TRAPPER

Activity: Engineering Structures

Have you ever wondered how very tall buildings stay up? Engineers work with architects and scientists to understand what makes materials break, and then use what they learn to design strong structures. We're going to figure out how to make a strong structure too!

Your job is to design and build a structure that is as tall and strong as possible – using only marshmallows and spaghetti!

As you build, think about what forces will be acting upon your structure. What parts will be pushed together (i.e. which will experience compression) and which parts will be pulled apart (i.e. which will be under tension). Is it better to have a piece of spaghetti or a marshmallow under tension? Under compression? How will you design the tallest, strongest structure using your limited resources?

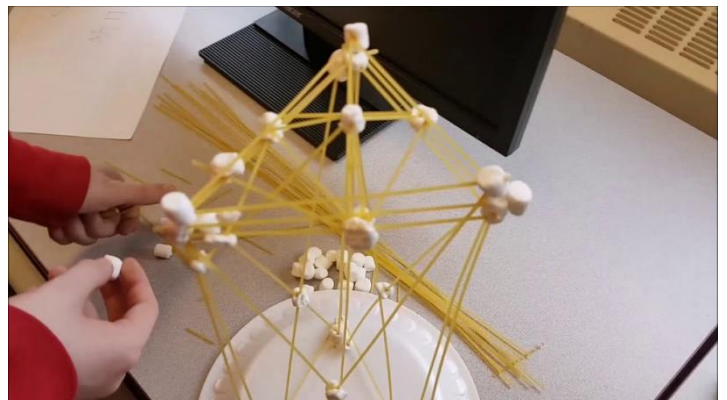
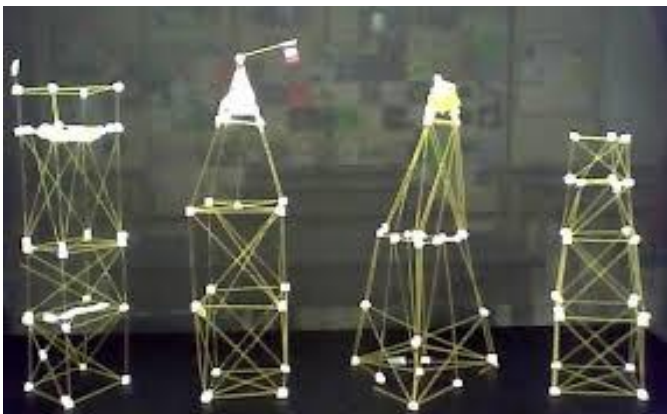
Want to learn more about materials and minerals, please see these free resources from the Institute of Materials, Minerals and Mining - <https://www.iom3.org/schools-affiliate-scheme/resources>

Competition time!

You are challenged to build the tallest AND strongest structure that you can. However, you will be limited to using only spaghetti and marshmallows (or tape). There are no step-by-step instructions, only the constraints of limited resources.

Be creative with your structures or why not take inspiration from our Colliery's A-Frame structure? Remember to think about strong shapes!

To find out the winner – measure the height of the structures and test them by balancing objects on top!



Activity: Draw A Coalmine

Grab pencils, pens, crayons, paints or charcoal and get creative!! Many miners, around the world, have used their experiences to create different artwork.

Draw anything that inspires you – this could be the A-Frame, underground, canaries, Pit Ponies or even a miner!

Please use the below examples as inspiration and send us photos of your work by email to education@nationalminingmuseum.com or tag us on Facebook, Instagram or Twitter!

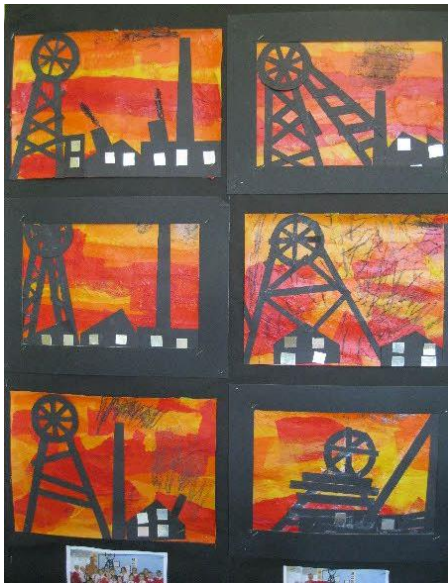


Photo: Winners from the Friends of National Mining Museum Scotland art competition 2017.



Activity Sheet: Cookie Coal Mining

Carry out some scientific enquiry with this fun (and delicious!) experiment that everyone can take part in.

Concepts:

Coal is a natural resource, mined from the Earth, and there are many pros and cons to using it. It is a reliable but non-renewable energy source. Even though we are not likely to run out for a long while, once it is gone it would take a very long time to make more. Some places in Earth have more coal than others and some places have coal that is easier to mine than others. Coal on the surface is easier and safer to mine than coal that is underground.

What do you need:

- 1 soft/chewie chocolate chip cookie each
- 1 hard/crumblly chocolate chip cookie each
- 1 toothpick (or opened paper clip)
- 1 piece of paper



What to do:

1. Explain that coal was formed from plants that lived millions of year ago. It was due to time, heat and pressure that these dead plants and trees changed into coal.
2. Discuss – what do we use coal for? No more coal power stations – is this a good or bad thing, i.e. air pollution but it was a reliable and fairly cheap energy source. Remember coal is non-renewable – once we use it, we cannot make more of it.
3. Explain that coal is buried underground. When coal is mined, the land that coal came from must be reclaimed so that people can use the land again. There are many examples across Scotland of coalmine sites being turned into industrial or housing estates.
4. Explain that you will be comparing two different land sites containing coal. They will mine the coal from each piece of land.
5. Show everyone their “land” (cookies) and “mining equipment” (toothpicks). Don’t eat the cookies during mining! Decide which cookie is A and which is B.
6. Divide your paper in half and trace the outline of cookie A on one side and cookie B on the other. Map the location of the chocolate chips you can see on the top.
7. Count the number of chips you can see on the top and sides of the cookie. Record this number at the bottom of your page.
8. Using ONLY the toothpick, carefully mine as many chocolate chips as you can from the cookie. Set the chips aside in a pile (your bing!). Count the number of chips mined from the cookie. Record the number at the bottom of the page too.
9. Put the cookie back together without the choc chips. Compare to your map of the cookie.
10. Repeat the procedure for cookie B.
11. Questions:
 - a. Which cookie was easier to mine and why?

- b. Which type of cookie contained the most coal (chips)? (Discussion – how this compares with coal resources, do some areas have coal that is easier to mine than others, do some area have more coal than others?)
- c. Was it easier to mine coal (chips) on the surface of the cookie or inside the cookie? (Why not look online at the difference between deep coalmining and opencast mining.)
- d. Discuss if their reclaimed cookies (once put back together) looked like the original cookie? Why was it still important to put the cookie back together, what is the impact of coal mining on our landscapes and environment?

12. Enjoy eating your cookies!



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Add to The Fun With MATHS

Work on your numeracy skills by adding in the costs of cookie coal mining!
Calculate your profit and loss for your coal mining adventure.

Costs:

Each person starts with £20.

Loss Activity	Cost
Cookie A	- £5
Cookie B	- £7
Toothpick	- £2
Replacement toothpick	- £2

Profit Activity	Cost
Per chocolate chip	£2
Broken chocolate chip	£1
Return cookie back to original shape	£2 per quarter of circle filled

Calculate your total to determine if your coalmine was profitable!

Activity: Become A Miner

Draw yourself as a miner cartoon!

What you need:

Colouring Pencils

Lining Paper or many pieces of paper sellotaped together

Imagination

What to do:

- Tape or use books to weigh down the corners of your lining paper on the floor
- Ask a member of your family to lie on the paper and draw around them! (Or you can lie down, and they can trace around you!)
- Decorate the outline to look like you as a miner!
- *Remember not all miners wore orange boiler-suits so you can wear other coloured clothes but you'll need safety boots, your safety lamp and a helmet!*

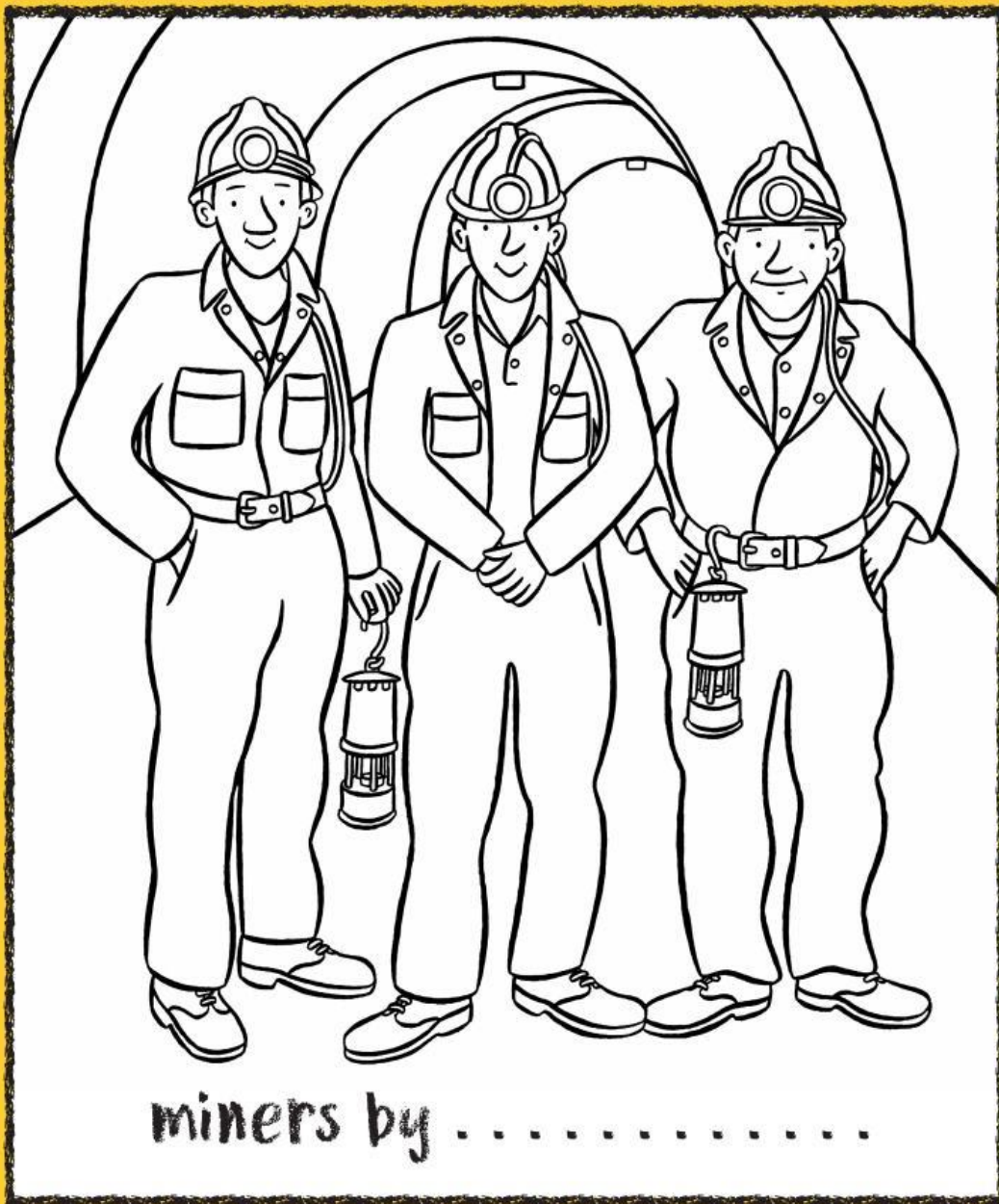


Activity Sheet: Colour in The Miners

Colour in the below picture. If you can't print you can colour it in using Paint (right click and save picture as).










I took the Pithead Tour at The Lady Victoria Colliery!



Created by Blackbird Publishing

Activity Sheet: Object Snap!

Match the Museum object to its name and description. You can draw a line to match them or write the answers out. *All photographs are from the Museum's Recognised Collection.*

<p>1.</p> 	<p>A. Donkey Jacket</p>	<p>H. These brass discs would have a miners' unique number at that pit stamped on it. When the miner started his shift, this would be handed into the Lamp Room when he collected his lamp.</p>
<p>2.</p> 	<p>B. Pit Tokens</p>	<p>I. This object was originally invented in 1815 by Sir Humphrey Davy to provide a safe source of light underground.</p>
<p>3.</p> 	<p>C. Safety Lamp</p>	<p>J. These were used by early miners for light while working underground. However, they were dangerous to use due to the explosive gases found underground.</p>
<p>4.</p> 	<p>D. Pick</p>	<p>K. This item of clothing often had "NCB" written on the orange panel on the back. It would keep the miners warm.</p>
<p>5.</p> 	<p>E. Self Rescuer</p>	<p>L. There were many dangers underground, including dangerous gases. This object would help miners breathe until they could escape.</p>
<p>6.</p> 	<p>F. Tallow Lamp</p>	<p>M. A miner would keep his lunch in this. It was metal to stop the mice and rats eating his jam sandwiches.</p>
<p>7.</p> 	<p>G. Piece Tin</p>	<p>N. A miner would use this to help dig out the coal or to break up larger pieces of coal.</p>

Activity: Make Your Own Museum

Coalmining was one of Scotland's largest and most important industries. As such, it's vital that we keep sharing all we know about the mines and miners who worked in them. To do this we need your help!

Make your own Museum about where you live and the local coalmines! Use the questions below to help put an exhibition together and then share everything you've found out with your family or via Google Classrooms with your teacher!

1. Where do you live? Using google can you find out any facts about your village/town?
2. Were there any coalmines?
 - a. What were they called?
 - b. Can you find them on a map?
 - c. Can you find a photograph of them?
 - d. Are there any special features about your coalmine like a canteen, pithead bath or did they use Pit Ponies? Using the Scottish Mining Website were there any accidents at your coalmine?
3. Can you find the names of any coalminers? Why not ask your grandparents if they knew any? Record information about the miners such as their name, what job they did, what coalmine they worked for, where they were from, etc.
4. Evidence of coalmining activity – are there any remains of old mining buildings, railway lines, street names, bricks, bits of coal or waste from coalmines (bings)?
5. Are there any objects at home which are important for your Museum? Do you have any mining items, coal or rocks or fossils, or interesting objects? Set these out in a nice way and make labels to describe what the object is, how old you think it is and any stories about the object!

Challenge – think of a fun activity, game or quiz for those visiting your Museum!

Write or type out all of the answers to the questions with the title: “[YourName]’s Museum at Home”. Remember to include photographs or screenshots from what you find.

Share your Museum at Home with us @NatMiningMuseum and we'll share it!



Section 4 & 5: Wellbeing Check-in & Awards



Photo: Apprentice Guides from Gore Glen Primary School, at NMMS, 2019

Section 3: Wellbeing Check In

Your family's wellbeing is very important, especially during these uncertain times. Check in with your wellbeing – this could be positive or negative - and use the wellbeing cards for suggested activities if not feeling so great. NMMS is very grateful to Nicola Orr, teacher from Condorrat Primary School, for creating and sharing the great resource below!

You can also download this resource as PDF's [from TES here](#).

Right now, I am feeling...

Awesome
Thrilled
Cheerful
Happy
Grateful
Proud
Excited
Calm
Ok
Unhappy
Upset
Unwell
Down
Lonely
Worried

I am feeling this way because...

Remember it's ok to feel not so great!
What do you want to do next? Have a look at the wellbeing cards for some suggestions.

Date: _____

Right now, I am feeling...

I am feeling this way because...

Remember it's ok to feel not so great!
What do you want to do next? Have a look at
the wellbeing cards for some suggestions.



Awesome
Thrilled
Cheerful
Happy
Grateful
Proud
Excited
Calm

Ok



Unhappy
Upset
Unwell
Down
Lonely
Worried



Date:

Doodle it!

Doodle or draw something. How about a pizza loving cat or a lama with a pineapple for a head? Take some time to doodle.



Make a fort

Make a blanket fort or a den outside!



Read

Take some time out to read a book, graphic novel or magazine. You could even listen to an audiobook too.



Chill

Lie down and chill on a beanbag / chair / sofa / bed for 10 minutes.



Get creative!

Do something you really enjoy! You could make something for yourself or someone else, paint, code, invent, test! It's your choice.



Take a break

Take a break from everyone and everything. Have some quiet time.



Cuddle

Give someone a cuddle. It could be a pet, a friend, a family member or a teacher.



Mindfulness jar

Create a mindfulness jar using water, glitter and dish soap. Shake it and watch the magic happen!



Mindfulness

Listen to a mindfulness app like Headspace or Calm. This can help you relax when you aren't feeling great.



Play

Play a card or board game with someone.



Laugh and laugh some more!

Watch some funny videos on YouTube. Animal ones are my favourite!

Tell some jokes or ask a friend, family member or teacher to tell you some!



Bubbles

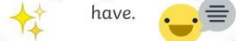
Blow some bubbles. Watch them fall and blow away in the wind. Or try to catch as many as you can!



Talk it through

Share how you feel with a family member, a teacher, a friend or someone else that you trust.

You could tell them about how proud you are of something or you could talk through any worries you have.



Shred it!

Try writing worries or negative thoughts down on a piece of paper and shredding them!



Clear the air...

Go outside and get some fresh air. You could go for a walk, a jog, a bike ride, play in the park or just watch the clouds go by.



Rock Out!

Listen to your favourite songs! Dance, sing, rock out or just listen and enjoy!



Memes!

I have a collection of AWESOME memes for every occasion. If you think these will help, choose this card.



Wee note...

Need a wee note of positivity, kindness and encouragement? Or a terrible joke? Choose this card and I will write a wee note for you!



Section 4: Awards

Well done on completing this topic. We hope you had fun learning!

Please remember to tag us on social media with any photographs or work you have done – we would love to see and share what you have accomplished! Find us on Facebook, Twitter or Instagram @NatMiningMuseum



Photo: Members of Y2K, youth group based in Mayfield and Easthouses, who took part in the Mayfield Explorers Project and achieved their Heritage Hero Awards!

Awards

If you have completed any of the topic activities – well done! Please get in touch by email to education@nationalminingmuseum.com and we will send you a personalised “Mine of Information” certificate of completion.

Please include the following information in your email:

1. Which resource you completed and any activities
2. The name of the child(ren) for the certificate(s) – please double check spelling as names will be copied and pasted into the certificates
3. Any photographs of your work (we would like to share these on social media but we will not share any names given)

Please note – your email will be permanently deleted once you confirm receipt of your certificate. Certificates will be sent by email as PDF attachments. Please feel free to tag us @NatMiningMuseum with your certificates!

Alternatively, if you are working on a heritage or archaeology themed project, why not apply for your own **Heritage Hero Award from Archaeology Scotland**? It’s easy to sign up to and full instructions are on their website here:

<https://archaeologyscotland.org.uk/heritage-resources-portal/wp-content/uploads/sites/5/2020/03/Heritage-Hero-Award-remote-.pdf>